

THE STATE OF CALIFORNIA'S



Employee Assistance Program

MHN's Employee Assistance Program offers face-to-face counseling, telephonic consultations and online tools for a variety of emotional health needs.

We can help you:

- Manage Stress
- Overcome Depression
- Balance Your Work and Life
- Tackle Alcohol and Substance Abuse
- Address Family and Relationship Issues

Call us toll-free anytime:

(866) EAP-4SOC

(866) 327-4762

Or visit:

<http://eap4soc.mhn.com>

(access code: soc)

TDD callers, please dial: (800) 327-0801

Wallet Card Here

MHN
www.mhn.com